

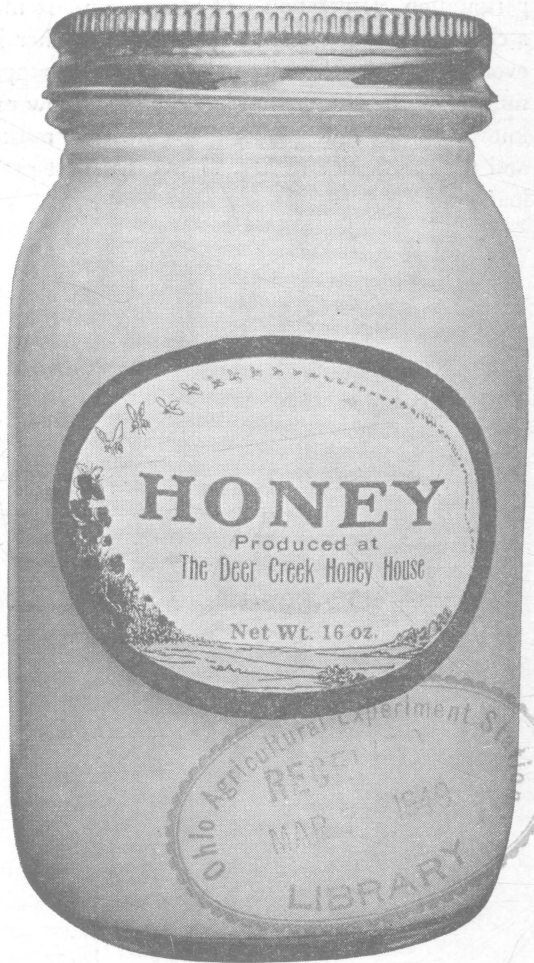
Honey

and Honey Cookery

By

WINSTON E. DUNHAM

Extension Apiarist



One View of Cooking

Ask a woman what cooking means? It means the patience of Job and the persistence of the Pilgrim Fathers. It means the endurance, the long-suffering, and martyrdom of Joan of Arc. It means the steaming and the stewing and the baking and the broiling, thrice daily, Springs, Summers, Autumns, and Winters, year after year, decade following decade. It means perspiration, desperation and resignation. It means a crown and a harp and a clear title to an estate in Heaven. From her judgment and reason she must evolve triumphs that depend on salt and pepper and sugar and herbs. She must know how soon, and how long and how much and how often. She must know quantity and quality and cost. She must serve the butcher, the baker, and the candlestick maker. Then she must rise above it all and be a lady—a loaf giver.

—MRS. M. H. CAHOON,
CRAWFORDSVILLE, IND.

★ ★ ★

*We may live without poetry, music and art,
We may live without friends, we may live without books,
We may live without conscience and live without heart;
But civilized man cannot live without cooks.*

—OWEN MEREDITH

★ ★ ★

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DIRECTOR HARRIETT GRACE
The American Honey Institute
Madison, Wisconsin

HONEY and HONEY COOKERY

By
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For many centuries honey was the most prized and used sweet known to man. With the advent of cane and beet sugar production, honey has been replaced largely by these sweets because of their larger volume, lower cost, and more convenient form for human consumption. However, honey is still the only unmanufactured sweet available in commercial quantities. This natural, unrefined sweet, which is so delectable in flavor, is widely used by the consuming public today. The average consumer doubtless is more conscious of the use of honey as a spread, than in any other way. However, an increasing amount of honey is being used by the housewife in recognition of its food value, and the flavor it imparts as an ingredient in various food combinations. Increasing amounts of honey are being utilized in commercial channels, among the largest consumers being the bakery trade. Aside from the food value and flavor, which honey imparts to baked products, it also maintains a desirable constant moisture content in baked goods.

The Ohio beekeeping industry played a most important role in World War II in the production of more honey as a substitute for sugar, more beeswax for the war industries, and a larger honeybee population for the pollination of more fruit, vegetable and seed crops. The rationing of sugar, necessitated because of the war, placed honey in the public eye, as one of the available important natural sweets that can be substituted for sugar.

Ohio honey production has increased in volume in recent years and the state now ranks as one of the leading states in honey production. In an average season the 352,000 colonies of honeybees in the state produce approximately 20,000,000 pounds of honey. Approximately 90 per cent of this honey is from the legume plants and the remaining 10 per cent from miscellaneous sources, such as



Fig. 1.—Five- and 10-pound pails of extracted honey.

locust, buckwheat, goldenrod, aster plants, etc. When we consider that honey is only a by-product of pollination, and that insect pollination contributes to

cheaper nutritious foods and to the maintenance of the productivity of the soil, the importance of honey consumption becomes of much more significance to the general public. "Without the help of insects to effect pollination, many species of plants will not seed or produce fruit no matter how well they are cultivated, fertilized, and protected from diseases and pests."¹ In the progress of American agriculture many changes have occurred which have reduced the numbers of native wild pollinating insects, and we are now more dependent on honeybees for the pollination of many economic crops.

Honey as a Food and Sweetening Agent

Honey produced by bees is fundamentally a plant product, although it has been modified by physical and chemical changes. The honeybees gather

the nectar from flowers, carry it to their hives and, by a complex process, change and ripen the nectar until it becomes a fairly standardized product known as honey. A colony of bees is virtually a symbol of industry, with its "hum" of activity, caused by the thousands of worker bees bringing in nectar and pollen from the flowers in the fields. Some worker bees may gather as many as 7 to 10 loads of nectar per day, and the weight of the hive may be increased by several pounds each day, by the many loads of nectar gathered by the bees. Normally a colony of bees will produce 50 to 100 pounds of surplus honey, while in some few cases, a single colony has produced 300 pounds in a single season.

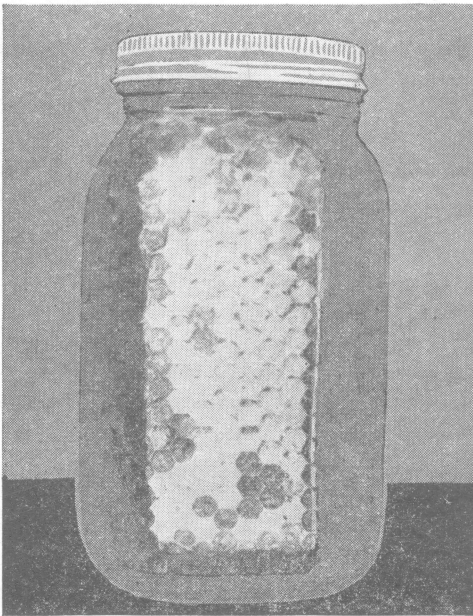


Fig. 2.—A 1-pound jar of chunk honey.

Honey has the reputation of being one of the leading energy-producing foods. Approximately 98 per cent of the sugars in honey consists of invert sugars, such as fruit sugar (levulose) and grape sugar (dextrose). The small remaining amount of sugar in honey is comprised of cane sugar (sucrose). Since honey is composed almost entirely of invert sugars (levulose and dextrose), it is immediately available for assimilation in the blood stream and body tissues. Most sugars require work by the digestive system, involving the secretion and action of the gastric and intestinal juices, to break down the sugar into invert forms before it can be assimilated by the body. Honey is an outstanding sweet that places little burden on the digestive system and, therefore, can be recommended highly for growing children, adults, and especially to persons suffering from impaired digestion.

While the mineral content of honey is not great, it does contain all the minerals contributing to the healthful maintenance of the body. The presence of pollen grains in honey occurs in varying amounts, depending upon the floral source of the honey. It is known that pollen is especially high in mineral content as well as containing vitamin B. The larger the pollen content of honey the higher the mineral and vitamin content.

Of the invert sugars in honey, levulose sugar is in slightly greater amounts than the dextrose sugar. Levulose sugar is the sweetest sugar known in nature and is of a non-granulating type. Dextrose sugar is slightly less sweet than sucrose and granulates readily. Because of the slightly larger proportion of levulose sugar in honey over the dextrose content, honey is slightly sweeter than cane, or beet sugars (sucrose).

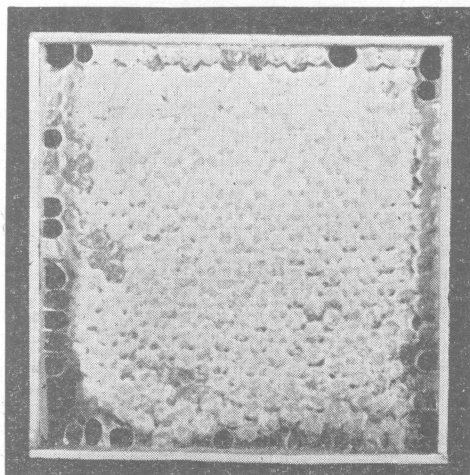


Fig. 3.—A section of comb honey.

*The Average Chemical Composition of Honey:*²

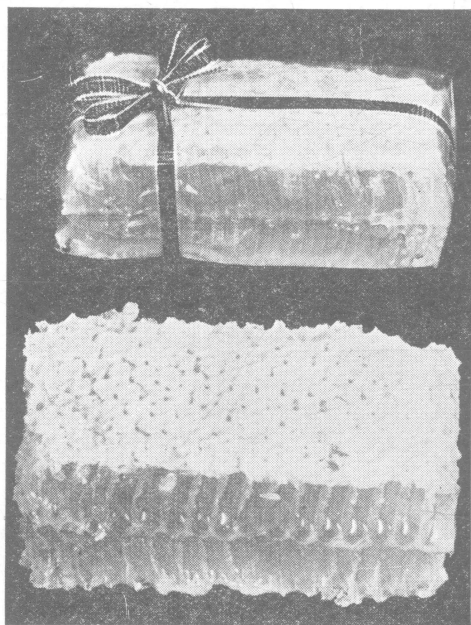


Fig. 4.—Cut comb honey wrapped in cellophane.

Based on a sample 500 cubic centimeters, total weight 725 grams (25.6 oz.):

Principal Components	Per cent
Water	17.7
Dextrose (grape sugar) . .	34.0
Levulose (fruit sugar) . . .	40.5
Sucrose (cane sugar)	1.9
Dextrins and gums	1.5
Ash (Silica, iron, copper, manganese, chlorine, calcium, potassium, sodium, phosphorus, sulfur, aluminum, magnesium)18
Substances occurring in relatively small amounts	<u>4.22</u>
Total	100.00

Known substances difficult to demonstrate quantitatively:

Enzymes:

Invertase (converts sucrose to dextrose and levulose).

Enzymes: Diastase (converts starch to maltose).
Catalase (decomposes hydrogen peroxide).
Inulase (converts inulin to levulose).
Aromatic alcohols (mannitol, dulcitol, etc.).
Maltose—rare sugars (sometimes melezitose, etc.).

Vitamins:⁸ Recent micro and bio-chemical studies have shown the presence of vitamins in honey as follows: thiamine (B₁), riboflavin (B₂), pyridozine (B₆), pantothenic acid (B), nicotinic acid (B), and ascorbic acid (C).

Flavor and Color

The flavor and color of honey varies with the different floral sources from which the bees gather nectar. The bulk of Ohio honey is harvested from the clovers, which are characterized by their mild, delicate flavor and light color. Honey from locust trees is usually of exceptional fine quality, being white in color and of superb flavor. The goldenrod and aster plants produce a honey which ranges in color from extra light amber to amber, and which possesses a stronger and more zestful flavor. Buckwheat honey represents our darkest-colored honey, varying from amber to dark amber and is characterized by its strong, rich flavor. As a general rule, the light-colored honeys are mild in flavor, while conversely the darker-colored honeys possess a richer, stronger, and more zestful flavor. With the variation in flavors of honey in Ohio there is little difficulty in obtaining a honey which has a "taste appeal" to the most discriminating consumer.

Variation in color of honey is well illustrated by the U. S. Honey Grades, which classify honey in seven color groups, namely: water white, extra white, white, extra light amber, light amber, amber, and dark amber. The U. S. Grades for extracted honey are not based on the *color*, but on the freedom of foreign material in the honey and other factors insuring a quality product. It is always advantageous to buy honey graded according to "government honey grades," as it assures the customer the honey meets the standard of the "grade" indicated on the label.



Fig. 5.—Extracted honey, 1, 2, 3, and 5 pounds, put up in glass jars.

Types of Honey and Its Care

The types of honey most familiar to the public are liquid and comb honey. Liquid honey, more often referred to as extracted honey, is usually available in 1, 2, 3, and 5-pound glass jars, and 5 and 10-pound tin containers. (See Figs. 1 and 5).

Comb honey is produced in wooden boxes having approximately standard dimensions, and the honey varies in net weight from 11 to 16 ounces, depending on the fullness of the comb in the wooden sections. (Fig. 3). Less frequently seen on the market are chunk honey, cut comb honey, and crystallized honey.

Chunk honey is popular in the South. A large piece of comb honey is placed in a jar filled with liquid honey. (Fig. 2).

The cut comb type of honey has had some popularity in recent years. The honey is produced in shallow frames in the bee hive and then cut into the desired sizes, and the honey allowed to drain from the cut wax cells. Usually this cut comb honey is wrapped in cellophane paper. (Fig. 4).

Crystallized honey is a new product introduced in Canada, and for several years has met with enthusiastic acceptance from the trade in that country. This type of honey is produced by a special process developed at Cornell University. By means of a "controlled process," the honey granulates in minute-sized crystals resulting in a product having fine texture and excellent flavor. Crystallized honey is not sticky, or messy to serve and adapts itself admirably as a spread on bread for children. This type of honey is bound to become more popular in this country as the public becomes educated to this new form.

The care and storage of honey is important if its quality is to be preserved. Liquid honey should always be well covered, since it is hygroscopic in character and absorbs moisture rapidly, when exposed to moist air, as well as absorbing odors readily. Due also to the volatility of honey, it loses its aroma and flavor when exposed to air. Storage of extracted honey for home consumption should be at room temperature—68 degrees F. or above. Low temperature favors granulation. However, granulation of extracted honey does not impair its quality. It can be reliquified by placing the jar of honey in water in a container having a double-boiler arrangement. There should be

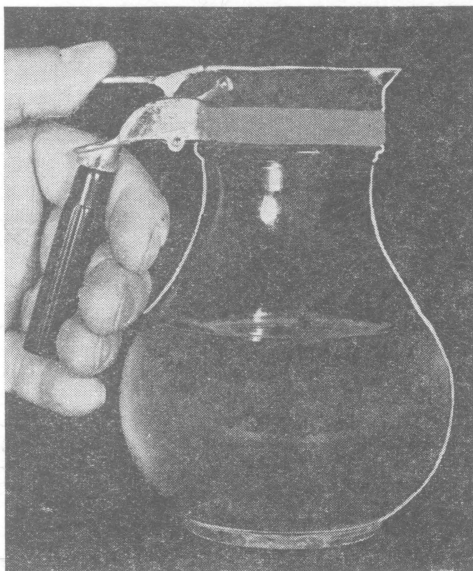


Fig. 6.—A honey dispenser, ideal when using liquid honey.

water between the honey and the source of heat, as otherwise scorching will result. After the honey has become liquified, it should be kept at 140 degrees F. for 15 minutes. Higher temperatures than recommended will result in discoloration of the honey and impairment of its flavor. (Fig. 7).

Extracted honey that has started to ferment may be conditioned for use in cooking. Fermentation can be detected by small air bubbles dispersed throughout the honey. Also by tasting; it will have a slightly sour flavor. To prevent fermentation, the honey is heated as already described. This will kill the yeast cells.

Comb, chunk, and cut comb honey should be kept in a warm, dry room where the temperature is 70 degrees F., or over, as such temperatures are less favorable for the granulation in the comb. The "special processed crystallized honey" being placed on the market should be stored in the refrigerator, providing the cover is tight on the container.

Honey in Infant Feeding

A mild-flavored honey is generally recommended for infant feeding. Its use in infant feeding should be always under the direction of the family physician.

Dr. M. W. O'Gorman, chief of the Division of Child Hygiene, Department of Public Affairs, Jersey City, New Jersey, reports that the Mothers' Institute of Jersey City has been using honey in infant feeding for several years with remarkable success.

Other statements follow, substantiating the merits of honey in infant feeding: "Honey appears to have a special advantage in infant feeding. Since it is easily obtained anywhere and is very palatable and digestible, honey would seem to be a form of carbohydrate which should have wider use in infant feeding."⁴ "Honey is superior to sugar in infant feeding. The infants gained more weight, showed no tendencies toward diarrhea, and were completely normal as long as they were kept on a honey-milk diet."⁵ "The sugars of honey are tolerated admirably by the digestive tract of very young infants. Honey is also a powerful 'anti-putricide'.⁶"

Honey is recognized as a quick energy-supplying food, especially adapted to growing children, as well as older age groups.

Honey Cookery

Honey is a natural sugar and may be used in a variety of ways. To replace cane or beet sugar with honey in cakes or cookies, use cup for cup but reduce the liquid called for $\frac{1}{4}$ to $\frac{1}{2}$ cup in the recipe. In making breads or muffins there is no problem. Replace honey in exactly the quantity of sugar called for in the original recipe. When honey is substituted for molasses in a recipe use cup for cup but be sure to use $\frac{1}{4}$ to $\frac{1}{2}$ level teaspoon of soda for each cup of honey. In other baked products, an extra amount of soda should be added, varying from $\frac{1}{12}$ to $\frac{1}{5}$ teaspoon for each cup of honey to neutralize the acidity in the honey; however, if sour milk is used in the recipe, no extra soda is needed.

In canning, honey may be used alone in making a sirup—1 measure of honey and from 1 to 3 measures of water or fruit juice, depending upon type of sirup wanted; or honey may be combined with sugar, using 1 measure of sugar to 1 measure of honey and from 3 to 4 measures of water or fruit juice. When all honey is used in making fruit sauces, the product is somewhat darkened and the original fruit flavor is intensified. A more delicate product may be made by replacing one-fourth to one-half the sugar with honey.

Remember to use a large kettle when making a sauce or sirup with honey, because it has a tendency to foam and boil over when being cooked.

In making jams, jellies or preserves, use honey in place of half the sugar called for in the original recipe and increase the cooking time a little, to allow for the extra liquid to evaporate.

Measuring Honey.—Honey is easily measured by using a moist or greased standard measuring cup or spoon. Measure the shortening or liquid first and then measure the honey in the same measuring unit.

Ways of Using Uncooked Honey

Honey is at its best uncooked, with the natural flavor and color unchanged. Among the most satisfactory uses are the following:

As a Spread—With bread, plain or toasted, griddle cakes, waffles, biscuits, and other hot breads.

To Sweeten Fruits, Beverages, and Cereals—If necessary, warm the honey slightly to make it pour more easily. (See Fig. 7).

In Sandwich Fillings—The following are a few of the many delicious sandwich fillings made with honey:

Honey butter, made with equal parts of honey and butter creamed together, with or without nuts or with grated orange peel.



Fig. 7.—To liquefy granulated honey, place jar in water bath, heat to 140 degrees, and hold for 15 minutes. Reliquefied honey can then be placed in jars.

Honey with chopped dried fruits, with or without nuts.
Honey with either cream or cottage cheese.
Honey and chopped or grated orange peel.
Honey and peanut or almond butter.

In Sauces—In hard sauce, substitute honey for one-half the sugar.
Drizzle honey over ice cream, with or without nuts.

Honey and Orange Sauce for Ice Cream—Use 1 cup of honey, 1¼ cups of finely chopped or grated fresh orange peel, ½ cup of orange juice, and ⅛ teaspoon of salt. Combine the ingredients and let the mixture stand over hot water, without cooking, for about 30 minutes to blend the flavors.

In Frozen Desserts—Use for sweetening.

Cakes and Cookies*

*“Breathes there the man with soul so dead
He loves not new-baked gingerbread?
Who, stepping through the kitchen door,
On baking day sees goodly store
Of fragrant amber shadowed cake,
And half unconscious does not break
A ragged chunk! Ah! Toothsome bliss!
He is a churl who knows not this.”⁷*

*“With weights and measures just and true,
Oven of even heat,
Well-buttered tins and quiet nerves,
Success will be complete.”⁷*

HONEY ANGEL FOOD

1 teaspoon cream of tartar	¾ cup sugar
½ teaspoon salt	1 cup cake flour
1 cup egg whites (8 to 10 whites)	½ cup honey
	½ teaspoon grated lemon rind

Add the cream of tartar and salt to the egg whites in a bowl. Beat the whites with a wire whip until they are stiff. They should move only slightly when the bowl is tipped. Fold one half the sugar slowly into egg whites 2 tablespoons at a time. Sift the remaining sugar with the flour and add later. The ½ cup honey must be warmed so it will be thin and will pour in a fine stream over the egg whites, as the egg whites are folded in. After the honey is added, fold in the flour and sugar mixture, sifting ¼ cup over the whites at a time. Add grated lemon rind. Pour the mixture into an angel food pan and bake at a temperature of 300° F. for 50 minutes. Invert the pan, cool and remove to a cake rack.

* Whereas the flavor of angel food cakes made with honey is excellent, one should not expect a pure white cake, as the caramelizing of honey during the baking of the cake results in a slight amber tint to the cake.²

SUPER DELICIOUS CHOCOLATE CAKE

3 squares unsweetened chocolate, melted	$\frac{1}{2}$ cup butter or other shortening
$\frac{2}{3}$ cup honey	$\frac{1}{2}$ cup sugar
$1\frac{3}{4}$ cups sifted cake flour	1 teaspoon vanilla extract
1 teaspoon soda	2 eggs unbeaten
$\frac{3}{4}$ teaspoon salt	$\frac{2}{3}$ cup water

Blend chocolate and honey; cool to lukewarm. Sift flour once, measure, add soda and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add chocolate-honey mixture and vanilla. Blend. Add eggs, one at a time, beating thoroughly after each addition. Add flour, alternately with water, a small amount at a time, beating after each addition until smooth. Bake in two greased 8-inch layer pans in moderate oven (350° F.) 30 to 35 minutes. Spread with French Honey-Chocolate Frosting.

FRENCH HONEY-CHOCOLATE FROSTING

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup butter	3 squares unsweetened chocolate, cut into small pieces
$\frac{1}{4}$ cup light cream	2 egg yolks, well beaten
$\frac{1}{4}$ cup honey	

Combine sugar, butter, cream, honey, salt, and chocolate in top of double boiler. Place over boiling water. When chocolate is melted, beat with rotary beater until blended. Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook 2 minutes longer, or until mixture thickens slightly, stirring constantly. Remove from hot water, place in pan of ice water or cracked ice, and beat until of right consistency to spread. Yield: Frosting to cover tops and sides of 2 (8-inch) layers.

EVERYDAY CAKE

$\frac{1}{3}$ cup shortening	2 cups sifted cake flour
$\frac{1}{2}$ cup sugar	2 teaspoons baking powder
$\frac{1}{2}$ cup honey	$\frac{1}{4}$ teaspoon salt
1 egg	1 teaspoon lemon extract
$\frac{1}{2}$ cup milk	

Cream shortening. Add sugar and cream well. Add honey and beat until light and fluffy. Add egg and beat thoroughly. Add sifted dry ingredients alternately with milk. Add extract. Bake in two layers in moderate oven (375° F.) 25 to 30 minutes. Put layers together with French Honey-Chocolate Frosting.

LEMON FILLING

$\frac{1}{4}$ cup sugar	grated rind of 1 lemon
2 tablespoons flour	1 egg, slightly beaten
$\frac{1}{4}$ cup lemon juice	1 tablespoon butter
$\frac{1}{2}$ cup honey	

Mix ingredients in top of double boiler. Cook over hot water, stirring constantly until thickened. Cool. Spread between layers of cake.

APPLESAUCE CAKE

$\frac{1}{3}$ cup shortening	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup honey	1 teaspoon soda
2 cups flour	1 cup cold, unsweetened applesauce
$\frac{1}{4}$ teaspoon cloves	1 cup seedless raisins
$\frac{1}{2}$ teaspoon cinnamon	
$\frac{1}{2}$ teaspoon nutmeg	

Cream shortening. Add honey gradually, creaming after each addition. Mix and sift together dry ingredients and add alternately with the applesauce to the creamed mixture. Fold in raisins. Pour batter into a well-greased 8 by 8-inch pan. Bake in a moderate oven (350° F.) for about 45 minutes.

HONEY GINGER CAKE

$2\frac{1}{2}$ cups sifted cake flour	$\frac{1}{2}$ cup butter
1 teaspoon soda	$\frac{1}{2}$ cup brown sugar, firmly packed
$\frac{1}{2}$ teaspoon baking powder	1 egg, unbeaten
1 teaspoon salt	1 cup honey
1 teaspoon ground ginger	1 cup sour milk or buttermilk
1 teaspoon ground cinnamon	

Sift flour once, measure, add soda, baking powder, salt, and spices, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat thoroughly. Add honey and blend. Add flour, alternately with sour milk, a small amount at a time, beating after each addition until smooth. Bake in two well-greased 9-inch layer pans in moderate oven (350° F.) 45 minutes or until done. Note: If baked in paper-lined cup cake pans, bake at 350° F. for 30 minutes.

HONEY FRUIT CAKE

2 cups butter or other shortening	2 pounds seeded raisins
$1\frac{1}{2}$ cups brown sugar	2 pounds curiants
1 cup honey	1 pound nut meats (almonds if available)
9 eggs	1 pound candied citron
4 cups flour	1 pound candied orange
1 teaspoon soda	1 pound candied lemon (candied cherries and candied rhubarb if desired)
1 teaspoon cinnamon	
1 teaspoon mace	
3 tablespoons milk	

Cream butter, add sugar and honey and cream well. Add well beaten eggs, flour, soda and spices that have been sifted together. Add milk. Add the slightly floured fruit that has been carefully washed and dried in oven, almonds that have been blanched and dried, candied fruit cut in pieces. Mix well and place in pans that have been lined with greased brown paper. Decorate top of cake with cherries, almonds and strips of citron. Place greased paper over top of cake. Steam for $2\frac{1}{2}$ hours and then bake in a slow oven (250° F.) for $2\frac{1}{2}$ hours.

TUTTI FRUTTI CAKE

1 cup cooked prunes	1/2 teaspoon allspice
1 3/4 cups seedless raisins	1 cup prune juice
1/2 cup sliced citron	1/2 cup orange juice
1/3 cup sliced candied lemon peel	1 cup honey
1/2 cup sliced candied orange peel	1 cup shortening
1/2 cup sliced candied cherries	1 cup sugar
2 teaspoons cinnamon	4 eggs
1 teaspoon mace	1 cup broken walnut meats
1/2 teaspoon cloves	5 cups sifted flour
	1 1/2 teaspoons salt
	1 1/4 teaspoons soda

Remove pits from prunes and cut into small pieces. Rinse and drain raisins. Combine fruits and peels with spices, cover with fruit liquids and honey, blend well, and let stand over night. Cream shortening with sugar, add well-beaten eggs, and combine with fruit mixture and nuts. Add flour sifted with salt and soda, and blend thoroughly. Pour into greased paper-lined tube pan (about 10 by 4 inches). Bake in slow oven (300° F.) 3 to 3 1/4 hours. Before removing from oven, test with cake tester. Makes about 5 pounds baked.

HONEY MERINGUE

1 egg white	1/2 cup honey
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Beat egg white with rotary or electric beater until it begins to froth. Then add honey, gradually beating until meringue stands high in peaks (from 5 to 10 minutes beating). Use on puddings or cakes.

HERMITS

1/2 cup shortening	1/2 teaspoon cinnamon
1 cup honey	1/2 teaspoon allspice
1/2 cup brown sugar	1 cup seedless raisins
2 eggs, well beaten	1 cup currants
3 tablespoons milk	1 cup dates
2 1/4 cups flour	1/2 cup nuts
1 teaspoon baking soda	

Cream shortening, add honey and sugar, well-beaten eggs, milk and dry ingredients, fruit and nuts. Drop from teaspoon upon a greased cooky sheet. Bake at 400° F. for 10 to 12 minutes. Makes about 7 3/4 dozens.

CHOCOLATE CHIP COOKIES

1/2 cup shortening	1/4 teaspoon salt
1/2 cup honey	1/2 teaspoon vanilla extract
1 small egg	1/2 cup semi-sweet chocolate chips
1 cup sifted flour	1/4 cup nut meats chopped
1 teaspoon baking powder	

Cream shortening and honey until light and fluffy. Add egg and beat well. Sift flour, baking powder, and salt twice. Add flour mixture to shortening mixture; add vanilla and blend all well. Fold in chocolate chips and nuts. Chill and drop by teaspoonfuls on greased cooky sheet. Bake at 375° F. for 12 minutes.

HONEY NUT BROWNIES

$\frac{1}{4}$ cup shortening	2 eggs
2 squares chocolate	$\frac{1}{2}$ cup flour (sifted with
$\frac{1}{2}$ cup honey	$\frac{1}{4}$ teaspoon baking powder)
1 teaspoon vanilla extract	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	1 cup chopped nuts

Melt shortening and chocolate together. Add honey, vanilla, sugar, and beaten eggs. Sift flour, baking powder, and salt and add nuts. Add this to first mixture. Bake in a shallow pan which has been lined with well greased waxed paper, in a slow oven (300° F.) for 45 minutes.

HONEY NUT COOKIES

2 egg whites	$\frac{1}{4}$ cup water
$\frac{1}{2}$ cup honey	1 tablespoon flavoring
$\frac{1}{2}$ cup sugar	1 cup chopped black walnuts
$\frac{1}{4}$ teaspoon salt	

Beat egg whites with rotary beater until stiff. Gradually add honey, beating after each addition. Continue beating until mixture is stiff. Combine sugar, salt, and water in small saucepan. Cook until sugar is dissolved and mixture boils, stirring constantly. Cover tightly and boil 2 minutes. Uncover and boil, without stirring, until a small amount of sirup forms a firm ball in cold water (250° F.). Pour sirup in fine stream over egg mixture, beating constantly. Beat until cool and thickened. Add flavoring and nuts. Drop from teaspoon upon well-buttered, floured baking sheet. Bake in slow oven (300° F.) 25 to 30 minutes, or until delicately browned. Carefully remove from sheet with sharp edge of clean knife. Store in tightly covered jar with waxed paper between each layer. Approximate yield: 5 dozen cookies.

HONEY BARS

1 cup honey	1 cup chopped nuts
3 eggs, well beaten	1 pound chopped dates
1 teaspoon baking powder	1 teaspoon vanilla extract
1 $\frac{1}{3}$ cups flour	

Mix honey and well-beaten eggs together. Add baking powder and flour sifted together, chopped nuts, dates and extract. Bake in a long, flat pan. Mixture should be $\frac{1}{4}$ inch deep, and $\frac{1}{2}$ inch after baking. Cut into strips $\frac{1}{2}$ inch wide and 3 inches long. Before serving roll in powdered sugar. These are fine for the holidays since they can be made ahead of time and flavor will be improved. (Bake at 350° F. for 15 to 20 minutes).

HONEY OATMEAL COOKIES

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon salt
1 cup honey	1 $\frac{2}{3}$ cups oatmeal
1 egg	4 tablespoons sour milk
1 $\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup chopped peanuts
$\frac{1}{2}$ teaspoon soda	1 cup raisins

Cream shortening. Add the honey and blend. Stir in the egg. Sift together dry ingredients and add oatmeal. Add dry ingredients alternately with milk to shortening and honey mixture. Stir in nuts and raisins. Drop by spoonful upon a greased pan or baking sheet. Bake in a moderate oven (350° F.) for 15 minutes. Yield: 3 dozen cookies.

EGGLESS HONEY COOKIES

$\frac{1}{2}$ cup honey	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon cloves
2 cups flour	1 teaspoon soda

Heat honey and shortening carefully for a minute or two. When cool add dry ingredients that have been sifted together several times. Roll out to $\frac{1}{4}$ inch in thickness and cut with a doughnut cutter. Bake on greased cookie sheet for 12 to 15 minutes in a moderate oven (350° F.). When cold frost with a powdered sugar frosting. Decorate with clusters of red cinnamon candies and bits of green gum drops to form holly wreath design.

FIG NEWTONS

1 cup honey	6 $\frac{1}{2}$ cups flour
1 cup shortening	2 teaspoons baking powder
1 cup sugar	1 teaspoon soda
2 eggs	1 teaspoon salt
Juice and rind of $\frac{1}{2}$ lemon	

Cream honey, shortening, and sugar. Add beaten eggs, lemon juice, and rind. Add flour which has been sifted three times with baking powder, salt, and soda. Roll dough quite thin, cut into strips about 6 inches long and 3 inches wide. Put filling in center of the strip, and lap sides over. Bake 15 minutes, 400° F. Cool. Cut into desired size, crosswise.

Fig Filling—4 cups ground figs, 1 cup honey and $\frac{1}{4}$ cup water, juice of $\frac{1}{2}$ lemon and $\frac{1}{2}$ orange. Combine and cook 15 minutes, stirring constantly. Cool before using.

CHRISTMAS FRUIT NUGGETS

1 cup shortening	$\frac{1}{2}$ cup milk
1 $\frac{1}{2}$ cups honey	$\frac{1}{2}$ cup candied pineapple
2 eggs	1 cup candied cherries
3 cups sifted cake flour	1 cup candied raisins
3 teaspoons baking powder	1 cup English walnuts
$\frac{1}{4}$ teaspoon salt	
$\frac{1}{2}$ teaspoon each cloves, cinnamon and nutmeg	

Cream shortening. Add honey and cream together. Beat eggs and add. Sift together cake flour, baking powder, salt, cloves, cinnamon, nutmeg, and add alternately with milk. Chop pineapple, cherries, raisins, and walnuts. Mix all together well. Drop by teaspoonfuls either upon greased baking pan or into tiny paper cups. Bake in moderate oven (375° F.) for about 15 minutes.

CHRISTMAS HONEY-GINGER COOKIES

2 cups sifted flour	2 tablespoons water
$\frac{1}{8}$ teaspoon soda	1 egg, slightly beaten
$\frac{1}{3}$ cup honey	1 teaspoon orange extract
$\frac{1}{2}$ teaspoon ground ginger	$\frac{1}{2}$ cup chopped crystallized ginger
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup chopped blanched almonds
$\frac{1}{2}$ cup sugar	

Sift flour once, measure, add soda and sift again. Place honey, ground ginger, salt, sugar, water, egg, and orange extract in bowl, and beat with

rotary beater until well blended. Add crystallized ginger and nuts, mixing thoroughly. Stir in flour. Chill thoroughly. Place on lightly-floured board, roll $\frac{1}{4}$ inch thick, and cut into fancy Christmas shapes. Brush cookies with egg, and sprinkle with colored sugar or tiny Christmas candy mixtures. Bake on ungreased baking sheet in moderately slow oven (325° F.) 12 to 15 minutes. Cool. Store in airtight container. Approximate yield: 5 dozen ($2\frac{1}{2}$ -inch) cookies.

DATE PEANUT BUTTER DROPS

$\frac{1}{2}$ cup shortening	1 cup chopped dates
$\frac{3}{4}$ cup peanut butter	2 cups sifted enriched flour
$\frac{1}{2}$ cup sugar	$2\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup honey	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla extract	$\frac{1}{4}$ cup milk
2 eggs	

Cream together shortening, peanut butter, and sugar. Add honey and beat. Blend in vanilla extract. Beat eggs and add. Add dates. Sift together flour, baking powder, and salt, and add to creamed mixture alternately with milk. Blend well. Drop by teaspoonfuls on greased baking sheet and bake in moderate oven (350° F.) 15 minutes. Yield: 4 dozen 2-inch cookies.

CHOCOLATE PECAN SQUARES

$\frac{2}{3}$ cups flour	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon baking powder	2 eggs, well beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup honey
$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup broken pecan meats
2 squares chocolate	1 teaspoon vanilla extract

Sift flour, baking powder, and salt together. Melt shortening and chocolate together over boiling water. Add sugar to eggs and beat well. Add honey gradually and beat thoroughly. Add shortening and chocolate mixture and beat well. Add dry ingredients, nuts, and vanilla. Place whole pecans on batter in pan before baking. Bake in greased 8 x 8 x 2-inch pans in moderate oven (350° F.) about 40 minutes. When done, cut into squares so that a pecan meat will be in center of each square.

Breads, Rolls, and Muffins

*"Be the day cloudy, or be the day bright,
Hearts will be merry and bread must be light."*⁷

*"Dinner may be pleasant,
So may social tea,
But yet, methinks the breakfast
Is best of all the three"*⁷

Honey may be used in place of sugar in making yeast bread, sweet rolls of various types and in any of the quick breads.

NUT BREAD

½ cup shortening	3 tea-poons baking powder
½ cup sugar	1 teaspoon salt
½ cup honey	¾ cup milk
1 egg	1 cup chopped nuts
3 cups sifted flour	

Cream together shortening and sugar. Add honey and mix thoroughly. Add egg, beating well. Sift together flour, baking powder, and salt. Add to creamed mixture alternately with milk. Add nuts. Bake in greased loaf pan in moderate oven (350° F.) 1¼ hours. Yield: 1 loaf.

STEAMED BROWN BREAD

1 cup corn meal	2 cups sour milk
2 cups whole wheat flour	⅔ cup honey
1 teaspoon salt	1 cup raisins
1½ teaspoon soda	

Mix together meal, flour, salt, soda. Add sour milk, honey and the raisins. Fill well greased molds two-thirds full. Cover and steam three hours.

ENRICHED BREAD (2 loaves)

2 cups milk or 1 cup milk and 1 cup water	2 tablespoons honey
1 tablespoon salt	1 cake compressed or dry granular yeast
2 tablespoons shortening	6 cups enriched flour

Scald milk and cool to lukewarm. Add salt and shortening. Put honey and yeast in mixing bowl; let stand until yeast is softened. Add milk and half the flour. Beat thoroughly. Gradually add enough flour to make a soft dough. Turn out on floured board and knead until smooth and elastic. This requires about 8 minutes. Place in slightly-greased bowl and let rise until double in bulk. Punch down lightly and let rise again. Form into loaves. Place in greased pans. Allow to rise until double in bulk. If baked in individual loaves (one pound), bake 40 minutes at 400-425° F.

WHOLE WHEAT BREAD (2 loaves)

2 cups milk or 1 cup milk and 1 cup water	1 cake compressed or dry granular yeast
1 tablespoon salt	5½ cups (about) whole wheat flour, finely ground
¼ cup shortening	
¼ cup honey	

Scald milk and cool to lukewarm. Add salt and shortening. Put honey and yeast in mixing bowl; let stand until yeast is softened. Add milk and 2 cups whole wheat flour. Beat thoroughly. Add another cup of flour and beat again. Add remainder of flour. Turn out on floured board and knead until no longer sticky. This requires about 8 minutes. Place in slightly-greased bowl and let rise until double in bulk. Punch down lightly and let rise again. Shape into two loaves and place in greased pans. Let rise until double in bulk. Bake at 375° F. for about 50 minutes or until nicely browned and loaf begins to shrink from the pan. Keep dough at even temperature (85° F) for rising.

HONEY OATMEAL BREAD (3 loaves)

1 ½ cups milk	1 tablespoon salt
1 cup quick cooking oatmeal	1 or 2 cakes compressed or
2 tablespoons shortening	dry granular yeast
1 can evaporated milk	2 cups flour
(13 oz. size)	3 cups whole wheat flour (about)
¼ cup honey	

Boil milk, add oatmeal, and cook 2 minutes. Add shortening. When melted, add evaporated milk, honey, and salt. Cool to lukewarm (98° F.), add crumbled yeast and let stand 2 minutes. Add flour and beat well. Add whole wheat flour to form a soft dough. Knead until mixture is smooth (about 8 minutes). Let rise until double in bulk, form into 3 loaves. Let loaves rise until double in bulk, and bake at 375° F. for 45-50 minutes.

SWEET ROLLS

1 cup milk	¼ cup lukewarm water
¼ cup honey	2 eggs
¼ cup shortening	5 cups flour (about)
1 teaspoon salt	
2 cakes compressed or	
dry granular yeast	

Scald milk. Add honey, shortening, and salt. Soften yeast in lukewarm water and add to milk mixture. Add beaten eggs and half the flour. Beat well. Add rest of flour. Mix well. Knead on a slightly-floured board until smooth. Place in slightly-greased bowl. Cover and let rise until double in bulk. Punch down and form into rolls or coffee cake. Let rise again. Bake at 400-425° F. 20 to 25 minutes.

PECAN ROLLS

½ cup butter or margarine	1 cup pecan halves
1 cup honey	Sweet roll dough

When sweet dough is light, punch down and let rest a few minutes. Roll out in sheet one-half inch thick. Brush with butter and spread with honey. Roll as a jelly roll and seal edge firmly. Cut into one-inch slices. In bottom of the baking pan place butter cut into small pieces. Spread honey over this and scatter on the pecans. Place rolls one inch apart on the honey and butter mixture. Cover and let rise until double in bulk. Bake in moderate oven (375° F.) 20 to 25 minutes. Let rolls stand in pans one minute after baking before turning them out. If greased muffin pans are used, place ½ teaspoon butter and 1 teaspoon honey in each muffin cup.

QUICK COFFEE CAKE

1 ½ cups sifted flour	⅔ cup milk
2 teaspoons baking powder	⅓ cup honey
½ teaspoon salt	3 tablespoons melted
1 egg	shortening

Sift together dry ingredients. Beat egg. Add milk, honey, and melted shortening. Stir into dry ingredients. Mix lightly (only enough to moisten flour). Spread in lightly greased 8-inch square pan. Cover batter with Honey Topping. Bake in hot oven (400° F.) 25 to 30 minutes.

HONEY TOPPING

$\frac{1}{4}$ cup butter or margarine	$\frac{1}{4}$ cup honey
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup chopped nuts
$\frac{1}{4}$ cup sifted flour	

Cream butter or margarine. Add sugar, flour, and honey and mix thoroughly. Sprinkle with nut meats.

HONEY MUFFINS WITH VARIATIONS

2 cups flour	4 tablespoons honey
1 teaspoon salt	1 egg, beaten
3 teaspoons baking powder	$\frac{1}{4}$ cup melted shortening
1 cup milk	

Sift flour with salt and baking powder. Mix milk, honey, beaten egg, and melted shortening. Add to dry mixture. Stir quickly just long enough to moisten dry ingredients. Fill greased muffin pans one-half full. Bake in a moderately hot oven (400° F.) 25 to 30 minutes or until delicately browned.

Peanut Butter Muffins—Blend $\frac{1}{4}$ cup peanut butter with honey before adding to milk and egg mixture.

Soybean Muffins—Replace $\frac{1}{2}$ cup flour with $\frac{1}{2}$ cup soybean flour.

Whole Wheat Muffins—Replace 1 cup of flour with 1 cup of whole wheat flour.

Pastries

*No soil upon earth is so dear to our eyes,
As the soil we first stirred in terrestrial pies.*

—O. W. HOLMES

*“A pound of patience you must find,
Mix well with loving words and kind,
Drop in two pounds of helpful deeds
And thought for other people's needs.
A peck of smiles will make the crust;
Then stir and bake it well you must;
And now we ask that you will try
A slice from off our sunshine pie.”*†

PASTRY

1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup lard or other
$\frac{1}{2}$ teaspoon baking powder (optional)	shortening
$\frac{1}{2}$ teaspoon salt	About 4 tablespoons cold water

Sift dry ingredients. Cut or work in the shortening, leaving some of the shortening in pieces the size of a pea, and add enough cold water to hold ingredients together. Toss on a floured board and roll out carefully. This makes two crusts.

PEACH PIE

Peaches ½ cup honey
1 tablespoon quick
cooking tapioca

Line pie pan with pastry. Fill with sliced fresh peaches. Sprinkle with tapioca. Pour honey over peaches. Cover with strips of pastry. Bake in hot oven (425° F.) for 40 minutes.

APPLE PIE

6 medium sized apples (or 1 cup honey
3 cups sliced apples) 2 tablespoons lemon juice
1 tablespoon butter

Quarter and pare apples, remove core and slice. Line a 9-inch pie plate with pastry. Place the sliced apples on this. Dot with bits of butter and add a perforated upper crust, pushing it toward the center. Press edges together and trim. Bake in a hot oven (450° F.) for ten minutes; then about 30 minutes at 350° F., or until the crust is slightly browned and the fruit is soft. Remove from oven, add honey, which has been mixed with lemon juice, carefully through the perforations in top crust. By the time the pie is ready to serve the honey will have been absorbed by the apples.

PUMPKIN PIE

2 cups stewed pumpkin ½ teaspoon salt
2 cups rich milk 1 teaspoon cinnamon
1 cup honey ½ teaspoon ginger
2 eggs

Mix ingredients in order given. Beat well. Pour into pastry-lined pie pan. Bake in moderate oven (350° F.) 1 hour.

For variation, replace water with orange juice in pastry recipe.

For a festive note, add pastry turkey or pumpkin designs. Roll pastry thin. Cut out, using cardboard or metal pattern. Bake on cooky sheet. When done, place on top of pie.

CHIFFON PIE

1 tablespoon gelatin ¼ cup orange juice
¼ cup cold water 3 tablespoons lemon juice
3 egg yolks 3 egg whites
½ cup honey

Soak gelatin in cold water. Place egg yolks and honey in top of double boiler. Stir well. Add orange and lemon juices. Cook slowly over hot water stirring constantly until thickened. Add gelatin and stir until dissolved. Remove from heat. Chill. When mixture begins to settle, fold in the stiffly beaten egg whites. Pour into baked pastry shell. Chill.

HONEY RAISIN PIE

1½ cups raisins	2 tablespoons butter
1 tablespoon grated orange rind	½ teaspoon salt
1 cup orange juice	4 tablespoons cornstarch
4 tablespoons lemon juice	¾ cup cold water
¾ cup honey	Pastry for double crust (9-inch)

Rinse and drain raisins. Combine with orange rind and juice, lemon juice, honey, butter, salt, and cornstarch that has been moistened in the cold water, and stir until blended. Bring to a boil and cook and stir until mixture thickens (about 3 or 4 minutes). Pour into pastry-lined pie pan, cover with top crust. Bake in a moderately hot oven (425° F) 30 to 35 minutes. Cool before serving. Serves 6 to 8.

Desserts

*"Puddings large and puddings small,
Big plum puddings for you all."*

"We sit to chat as well as eat."

CHRISTMAS PLUM PUDDING

1 pound raisins	1 cup flour
1 pound currants	1 nutmeg
½ pound candied fruits	3 teaspoons cinnamon
¼ pound citron	1 teaspoon allspice
8 eggs	¼ teaspoon clove
1 teaspoon salt	1 cup fruit juice
½ pound suet	¾ cup honey
½ pound bread crumbs	

Mix spices with flour, add the fruit, then the suet, crumbs and honey. Beat eggs until light and add. Add liquid. Pack in well greased molds and steam 4 hours. When ready to use steam 45 minutes. Fills 2 coffee cans. Raisins—seed and cut fine. Currants—wash and dry. Candied fruit—orange peel, apricots, peaches or pineapple. Citron—slice and cut fine. Suet—chop fine. Fruit juice—grape, loganberry or other juices. Serve with plum pudding sauce.

AMERICAN PUDDING

¾ cup sifted flour	½ cup milk
1 teaspoon baking powder	4 tablespoons currants
4 tablespoons butter	1½ teaspoons grated lemon rind
½ teaspoon salt	½ cup honey
⅓ cup sugar	1¼ cups boiling water

Sift flour once, measure, add baking powder and salt, and sift again. Cream 2 tablespoons of the butter, add sugar gradually, creaming after each addition. Add 2 tablespoons of the milk and beat thoroughly. Add flour, alternately with remaining milk, a small amount at a time, beating after each addition until smooth. Add currants and lemon rind. Turn into well-greased baking dish, 8 x 8 x 2-inches. Combine remaining butter, honey, water, and dash of salt. Pour over batter. Bake in moderate oven (350° F) 40 to 45 minutes. Serve warm with cream. Approximate yield: 6 portions.

HONEY HARD SAUCE

Cream $\frac{1}{3}$ cup butter and beat in gradually $\frac{3}{4}$ cup honey. Add 1 teaspoon lemon juice. Chill.

RICE PUDDING

2 cups cooked rice	3 eggs
3 cups milk	1 cup chopped raisins
$\frac{3}{4}$ cup honey	

Mix rice, milk and honey. Add the eggs which have been slightly beaten. Stir in the chopped raisins. Bake at about 350° F. in a well-greased baking dish for about one hour. Serve with cream if desired. Serves 8.

FRENCH APPLE DUMPLING

2 cups flour	4 large apples
4 teaspoons baking powder	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{4}$ cup lard	Melted butter
$\frac{3}{4}$ cup milk	

Mix ingredients as for biscuit dough. Handle as lightly as possible. Roll out the dough one-fourth inch thick on a floured towel. Cover the dough with the sliced apples, and sprinkle over the apples the one-half cup sugar and the cinnamon. Roll like a jelly roll and cut into one-inch slices. (Makes 8 slices). Place slices in a buttered baking pan. Put one teaspoon melted butter over each roll. Bake at 400° F. 20 to 25 minutes.

Serve with spiced thin cream or whipped cream sweetened with honey.

TART PASTRY

2 cups flour	1 cup cottage cheese
$\frac{1}{2}$ teaspoon salt	3 tablespoons honey
$\frac{1}{2}$ cup shortening	

Sift dry ingredients and cut in shortening as for pie pastry. Add honey to the cheese. Add cheese to the flour mixture and blend with pastry cutter or knives. If cheese is not moist enough to make a good pastry, add a few drops of cold water. Roll thin on lightly-floured board.

BANBURY TARTS

1 cup chopped raisins	1 tablespoon melted butter
$\frac{3}{4}$ cup honey	$\frac{1}{8}$ teaspoon salt
3 tablespoons cracker crumbs	$\frac{1}{2}$ lemon, juice and grated rind
1 slightly beaten egg	

Combine all ingredients. Roll Tart Pastry thin and cut into three-inch squares. Place a teaspoon of Banbury mixture in the center of each square; cut edges, fold like a triangle and press edges together. Prick several times to allow steam to escape. Bake in hot oven (450° F.) for 15 minutes.

TAPIOCA CREAM

$\frac{1}{3}$ cup quick cooking tapioca	2 eggs
$\frac{1}{3}$ cup honey	4 cups milk, scalded
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla extract

Combine tapioca, honey, salt, and egg yolks in top of double boiler. Add milk slowly and mix thoroughly. Cook until tapioca is transparent, stirring often. Remove from the heat and fold into the stiffly beaten egg whites. Add the vanilla. This may be served either warm or cold with cream.

HONEY CUSTARD

$\frac{1}{4}$ teaspoon salt	2 cups milk, scalded
3 eggs, slightly beaten	Nutmeg
$\frac{1}{4}$ cup honey	

Add salt to eggs. Beat eggs just long enough to combine whites and yolks. Add honey to milk. Add honey and milk mixture slowly to eggs. Pour into custard cups. Top with a few gratings of nutmeg. Set custard cups in pan of hot water. Bake in moderate oven (325° F.) about 40 minutes or until custard is firm.

HONEY PARFAIT

2 eggs, separated	1 teaspoon vanilla extract
Pinch salt	$1\frac{2}{3}$ cups evaporated milk,
$\frac{1}{2}$ cup honey	chilled

Beat egg whites until foamy. Add honey gradually. Beat constantly. Add egg yolks and vanilla. Beat until well blended. Fold in stiffly beaten, chilled milk. Garnish with maraschino cherries. Pour into freezing trays. Serves 8.

Salads

*"The turnpike road to people's hearts, I find,
Lies thro' their mouths, or I mistake mankind."*⁷

To make a perfect salad there should be a miser for oil, a spendthrift for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together.

—SPANISH PROVERB

FRUIT SALAD

White grapes	1 small apple
1 orange	1 lemon
1 banana	Lettuce
1 pear or peach	

Cut grapes into halves and remove seeds. Cut orange into halves and remove sections with a sharp-pointed knife. Slice banana and pear, or peach, and dice the apple. Pour juice of lemon over apple and banana. Moisten all fruit with honey and serve on crisp lettuce or chicory.

FROZEN FRUIT SALAD

4 ounces cream cheese	1 cup pitted white cherries
3 tablespoons mayonnaise	3 slices pineapple
2 tablespoons honey	½ pint whipping cream

Mix cream cheese with mayonnaise, add honey and mix well. Add cherries and pineapple and fold in whipped cream. Place in freezing tray.

FRUIT SALAD PLATTER

Place a small dish filled with salad dressing in center of a large platter. Place a large cup-like lettuce leaf for each person around the bowl. In each lettuce leaf place canned pear half, fig, peach, cherries, or other fruit. Prunes stuffed with equal parts peanut butter and honey, or cream cheese and honey, may be placed between salads for garnish, or a cheese ball made by adding enough honey to cream cheese to soften. Make into ball shape and roll in finely chopped nut meats or finely chopped parsley.

FRENCH DRESSING

½ cup salad oil	½ teaspoon paprika
½ cup lemon juice	½ teaspoon salt
½ cup honey	

Place all in a tightly-covered quart jar and shake vigorously just before using.

ROQUEFORT CHEESE DRESSING

Crumble with a fork ¼ pound of Roquefort cheese into small pieces. Add to 1 cup of French Dressing.

LEMON CREAM SALAD DRESSING

3 tablespoons honey	1 tablespoon lemon juice	1 cup whipped cream
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Combine honey and lemon juice. Add to whipped cream. Serve on fruit salad.

SALAD DRESSING FOR FRUIT

1 egg	2 tablespoons honey
1 tablespoon cornstarch	1 cup pineapple juice
Pinch salt	2 tablespoons lemon juice

Put slightly beaten egg, cornstarch, salt, and honey in top of double boiler. Add juices. Cook slowly over hot water until mixture thickens.

COLE SLAW

4 cups finely shredded cabbage

Beat 1 cup sour cream (cold) until thick. Add ¼ cup vinegar, ¼ cup honey, 1 teaspoon salt, and 2 teaspoons celery salt, to cabbage and toss.

Vegetables and Meats

*"The census tells us that there is nothing that pays better for the country than the vegetable garden."*⁷

*Who rears four walls around a little plot—
Some still, secluded spot—
And digs and sows therein, has done a thing
Beyond his reckoning.*

—NANCY BYRD TURNER

*"The body craveth meats,
The spirit is athirst for peacefulness,
He that hath these hath enough."*⁷

BAKED SQUASH

Wash squash and cut in half lengthwise. Remove seeds. To each half add 1 tablespoon of honey and one or two little pork sausage links. Bake at 400° F. until squash is tender and sausages brown.

GLAZED ONIONS OR CARROTS

Cook small white onions or carrots in boiling salted water about 20 to 30 minutes, or until tender. Drain. Let stand a few minutes to dry. Melt four tablespoons butter in pan. Add $\frac{1}{4}$ cup honey. When well blended, add onions or carrots and cook slowly until browned and well glazed. Turn vegetables occasionally for an even glaze.

CANDIED SWEET POTATOES

Boil 6 medium-sized sweet potatoes without paring them. When tender drain and remove the skins. Cut in half lengthwise and arrange in a buttered baking dish. Season with salt. Heat $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup honey, $\frac{1}{2}$ cup orange juice, add to potatoes. Bake in quick oven (400° F.) until potatoes are brown.

BAKED BEANS

Soak 2 cups washed beans in 4 cups of cold water over night. In the morning drain off any water that has not been absorbed. Cover the beans with fresh cold water and cook over a low flame in a tightly-covered saucepan. Do not allow the beans to boil. Let them simmer for $1\frac{1}{4}$ hours. Again drain the beans, saving the water. Prepare the bean pot by placing about $\frac{1}{2}$ pound of scored salt pork in the bottom. Add the beans, cover with the following mixture; use the bean water that has been drained from the beans, and add to it $\frac{1}{2}$ cup of honey; if no bean water was left over, use plain boiling water. Mix 1 teaspoon salt, 1 teaspoon dry mustard, 1 teaspoon ginger, if desired, and 1 tablespoon of finely-chopped onion with a little of the honey water. Add remainder of the honey bean water to this seasoning and pour over the beans. Place small pieces of salt pork on top. (Bacon may be used). Cover bean pot and bake in a slow oven about 6 hours. Uncover the bean pot during the last hour of baking. If the beans become too dry, it may be necessary to add a little water.

BAKED HAM

1 ham 1 cup honey Cloves

Select a good quality ham. Wipe meat with a damp cloth and remove unsightly parts. Place ham fat side up in roasting pan. Add no water. Bake uncovered in slow oven (300° F.). Insert a meat thermometer with the bulb at the center of the largest muscle. Cook until the thermometer registers an internal temperature of 170° F. 25 to 30 minutes per pound should be allowed for roasting time. Before the ham is done, take from the oven and remove rind. Mark fat into squares. Place whole clove in each square. Pour a honey glaze over ham. Return to oven to finish baking. Baste frequently.

RAISIN SAUCE

1 cup quartered or seedless raisins
1 cup water ¼ cup honey
1 tablespoon lemon juice

Put raisins and water in sauce pan. Simmer until raisins are softened. Add honey. Boil gently for fifteen minutes. Just before serving add lemon juice.

SWEET HORSERADISH SAUCE

¼ cup honey 1 teaspoon mustard
¼ cup mayonnaise ¼ teaspoon salt
½ cup whipping cream 1 teaspoon vinegar
3 tablespoons horseradish

Add honey to mayonnaise. Fold in the whipped cream. Add horseradish, mustard, salt, and vinegar. Store in refrigerator until ready to use.

LAMB CHOPS WITH HONEY-MINT SAUCE

Select rib, loin or shoulder lamb chops. Set the regulator of the range for broiling. Place the chops so that there is a distance of about three inches between the top of the chops and the source of heat. If the distance must be less, reduce the temperature accordingly so that the chops will broil at a moderate temperature. When the chops are browned on one side, season, turn and finish the cooking on the second side. Frequently during broiling, baste with honey-mint sauce. Chops cut 1-inch thick require 12 to 15 minutes for broiling.

HONEY-MINT SAUCE

½ cup water 1 cup honey
1 tablespoon vinegar ¼ cup chopped mint

Heat the water and the vinegar. Add the honey, stir well, then add the chopped mint. Cook slowly for five minutes. This sauce can be used to baste lamb chops or lamb roast during cooking or can be served with the meat at the table.

Canning and Preserving

"Balmed and entreasured with full bags of spices."

CANNED PEACHES

(Open Kettle Method)	1/2 cup sugar
3 cups water	12 peaches
1/2 cup honey	

Prepare sirup by boiling water, honey and sugar for 5 minutes. Scald peaches to loosen skins; peel, cut in halves and remove stones. Cook fruit in sirup. Allow 1 peach stone to 6 peaches. Cook from 5 to 10 minutes. Test by piercing with sterilized silver fork. Arrange peaches when done with cut side down in jar. Fill to overflowing with hot sirup and remove air bubbles with sterilized knife. Note: Pears may be canned in the same way.

APRICOT CONSERVE

1 1/2 cups dried apricots	3/4 to 1 cup chopped
2 cups honey	walnut meats

Rinse apricots in hot water, drain and put through food chopper, using a fine knife. Bring honey to boiling point, remove from heat, add apricots and nuts, and stir to blend. Pour into sterilized glasses; seal with paraffin. Let stand 2 weeks before using. Makes approximately 2 pints.

HONEY ORANGE MARMALADE

2 oranges, medium	1/2 pound sugar per pound
1/4 grapefruit, medium	of fruit and liquid
1/3 lemon	1/2 pound honey per
4 3/4 cups water per	pound of fruit
pound of fruit	

Cut the fruit into very thin slices and cut each slice into eighths. Remove the seeds, the pithy inner portion and about 1/2 of the orange rind. Add the water to the fruit and let stand in the refrigerator 24 hours. Then boil steadily for about 1 hour, or until the rind is tender and slightly translucent. Weigh the fruit and liquid and add the required amount of sugar. Boil slowly until it reaches 214° F., add the required amount of honey, and cook to 218° F. Remove from the stove and pour into sterilized glasses. Yields approximately one quart.

PLUM BUTTER

5 pounds plums	Honey
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Wash plums and remove all blemishes. Put in kettle and just cover with water. Cook until tender. Put through colander to remove pits and skins. Measure pulp and add 1/2 cup honey for each cup of plum pulp. Return to fire and cook until thick. Seal in sterilized jars.

Confections

A feast of nectar'd sweets.

—MILTON

HONEY FONDANT

$\frac{2}{3}$ cup honey 4 cups sugar 2 cups boiling water

Cook honey, sugar, and water slowly. Do not let boil until sugar is dissolved. Keep crystals off side of the pan with cloth wet in cold water and wrapped around a fork. When sugar is dissolved, bring to a boil and boil slowly to the soft-ball stage (238° F.). Keeping a cover on the pan part of the time helps to keep the crystals from forming. Remove from fire and pour at once on large buttered platters. When lukewarm stir until creamy. Knead until smooth. Fondant improves if allowed to stand a few days before using. Flavor as desired.

HONEY CARAMELS

2 cups sugar $\frac{1}{2}$ cup butter
2 cups honey 1 cup evaporated milk
Few grains of salt

Cook sugar, honey, and salt rapidly to hard-ball stage (250° F.). Stir occasionally. Add butter and milk gradually so the mixture does not stop boiling at any time. Cook rapidly to hard-ball stage (250° F.). Stir constantly so mixture will not stick. Pour into buttered pan and cool thoroughly before cutting into squares. Wrap individually in oiled paper.

PEANUT BRITTLE

2 cups sugar 2 cups salted peanuts
1 cup honey 1 tablespoon butter
1 cup water

Put sugar, honey, water in sauce pan. Stir until sugar is dissolved. Cook to 300° F. Remove from fire. Add butter and peanuts. Stir just enough to mix thoroughly. Pour into very thin sheets on a well-greased platter. Cool. Break into pieces to serve.

HONEY BITTERSWEETS

Comb honey Hot water Confectioners' chocolate

Let comb honey remain in refrigerator 24 hours before using. Cut comb honey into pieces about $\frac{3}{4}$ inch long and $\frac{3}{8}$ inch wide with knife that is dipped in boiling water. Place pieces on trays covered with waxed paper; chill 30 minutes. Coat with dipping chocolate. Drop a nut on each piece. (It requires a little practice to be able to turn out honeyed bittersweets that do not develop honey leaks). It is necessary to have dipping chocolate at proper temperature (about 70 to 75° F.) when coating. Coating in a room of 60 to 65° F. will cause the chocolate to harden more quickly.

HONEY POPCORN BALLS

$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ cup honey
1 teaspoon salt	3 quarts popcorn
$\frac{1}{2}$ cup water	

Cook sugar, salt, and water (stir until sugar is dissolved) to very brittle stage (300° F.). Add honey slowly, stirring until blended. Cook again until thermometer registers 240° F. (about one minute). Pour over popcorn and form into balls. Wrap in heavy waxed paper.

FRUIT HONEY CANDY

$\frac{1}{4}$ cup dried prunes	$\frac{1}{2}$ cup dates
$\frac{1}{4}$ cup dried apricots	$\frac{1}{2}$ cup raisins
$\frac{1}{4}$ cup dried figs	$\frac{1}{3}$ cup honey

Let clean dried prunes and apricots stand in boiling water for five minutes. Run all the fruit through a food chopper, fine knife. Add honey. With buttered hands shape into balls. Roll in chopped nuts, cocoanut, or coat with confectioner's chocolate. Nuts may be added and other dried fruits like peaches and pears used.

HONEY MARSHMALLOWS

1 tablespoon gelatin	1 cup honey
$\frac{1}{4}$ cup cold water	$\frac{3}{4}$ to 1 pound cocoanut

Soak gelatin well in cold water. Dissolve gelatin over hot water and add to the honey which has been warmed. Beat until very light and fluffy (about 10 minutes by machine, and 20 minutes by hand). Turn out on oiled pan and let stand 24 to 48 hours. Toast cocoanut and roll to make fine. Spread cocoanut over the surface of a large pan and turn the marshmallows on it. Dip knife into cold water and cut into squares. Roll each piece in the cocoanut.

HONEY SQUARES

$\frac{1}{4}$ cup honey	$\frac{1}{4}$ teaspoon salt
2 cups sugar	1 cup nut meats, broken
3 tablespoons water	1 teaspoon flavoring

Cook honey, sugar, water, and salt until soft-ball test is given. Take from fire. Add nuts and flavoring. Beat until creamy. Pour on buttered pan. Cut into squares.

SUPER DELICIOUS CARAMELS

1 $\frac{1}{2}$ cups thin cream	1 cup honey
2 cups sugar	$\frac{1}{2}$ teaspoon vanilla extract
$\frac{1}{4}$ cup butter	1 cup nut meats

Cook first four ingredients over low heat to 254° F., or hard-ball stage, stirring constantly toward the end of the cooking period. Add vanilla and nuts. Pour into buttered pan. Cut when cold and wrap each in oiled paper.

Drinks Sweetened with Honey

"As he brews, so shall he drink."

—BEN JOHNSON

MILK AND HONEY

For extra flavor and nourishment add 2 tablespoons of honey to a glass of milk. Serve hot or cold.

HONEY EGGNOG

4 to 6 egg yolks	4 cups milk
4 tablespoons honey	Nutmeg

Beat the yolks of eggs until lemon colored. Add honey and mix well. Add milk slowly. Fill glasses. Add a slight grating of nutmeg. Serve at once.

HONEY LEMONADE

Mix 2 tablespoons of honey with the juice of $\frac{1}{2}$ lemon. Stir well. Add 1 cup hot or cold water according to whether hot or cold drink is desired.

RUSSIAN TEA (45 cups)

1 box stick cinnamon ($1\frac{1}{4}$ ounces)	6 lemons, juice of 6 grated rind of 1
1 box whole cloves ($1\frac{1}{4}$ ounces)	$\frac{1}{3}$ cup black tea
$\frac{3}{4}$ cup honey	5 quarts water, boiling
3 oranges, juice of 3 grated rind of 1	

Cook spices, honey and grated rind with 2 cups water for 10 minutes. Let stand 1 hour. Strain. Steep tea in the boiling water 1 minute. Then add fruit juice and spice mixture. Serve hot.

HONEY GRAPE JUICE

Mix 2 tablespoons honey with $\frac{1}{4}$ cup of boiling water. Stir until dissolved. Add enough hot grape juice to fill glass. 2 tablespoons of lemon juice may be added for variety. This makes a delicious cold weather drink.

Literature Citations

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